



## Updates:

### July 21 CSA Share Deliveries

#### Iowa Fresh veggie:

- Beans
- Baby Beets
- Bok Choi
- Cherry Tomatoes (half of members)

#### Small Potatoes veggie:

- Lettuce
- Onions
- Carrots
- Kohlrabi
- Summer squash
- Basil/Parsley(maybe)

#### Small Potatoes greens:

- Chard

#### Fruit Shares:

- Blueberries

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## News from Small Potatoes Farm

Hello Everyone,

### Deliveries

We'll send an update over the weekend, but it looks like we'll be bringing lettuce, onion, carrots, kohlrabi, squash, and (maybe) basil and parsley. You may also find beets or broccoli or cauliflower or peppers or eggplant in your box. There is a little of each starting to come to fruition.

Speaking of kohlrabi, it's about done. Some of you say, "good". I know its a little proletariat, but we must cast off our cultural disdain for it and enjoy it as a good seasonal, local and fresh root. I would love to put up some recipes for it. So, if you've got them, please forward them to me.

Greens share - probably mostly chard. Another greens went missing this week. Please be certain that you are just taking one bunch each week (and that your name is on the greens share list).

### At the Farm

We trellised tomatoes again this week; weeded cucumbers, melons and rutabaga. We are harvesting (and delivering, washing, packaging, etc...) about 30 - 40 hours per week now, so that takes a lot of our time

But, the big project has been pulling, trimming, cleaning, tying, recording and hanging garlic. I dig all day long. Stacy and Brian go in for the rest.

SPF News continued next page.

# News from Small Potatoes Farm continued from p.1

## In Other News

We filled out the first ever "organic" USDA survey. Congratulations to them for finally collecting useful data on organics in the U.S. A big thanks to the Organic Farming Research Foundation and their policy director Mark Lipson for helping make that happen. Which reminds me, we had our annual organic inspection about two weeks ago. All went well and we expect to be re-certified for another year.

I was able to visit a community garden near the Drake site this past week, courtesy of member Carrie C. It was a really special place. The 29th street gardeners have taken an unutilized green space and created a flourishing, vibrant community hub. The plots looked great and I think they have a lot to be proud of.

The largest spider ever seen on the farm was spotted in the packing shed Tuesday. Very near Stacy's work area. Brian's girlfriend broke off their relationship to devote more energy to Jesus. Or, he wasn't devoting enough of his in that direction. Not sure exactly. Stacy has poison ivy, again. Friday is a free concert in downtown Minburn - the Henhouse Prowlers. You are invited. It starts at 7 pm. Our friend Petra, visiting from Denmark, hit an animal in her rental car. She reported to the police officer it was a 'badger'. In any event, the car company has sent her paperwork requesting her death certificate. Petra is very confused by this request.

And finally, Tillie has been caught by the Minburn librarian taking small craft balls from the premises. She does have a habit for secretly moving things about, especially to the waste basket. In fact, we believe the remote control for our analog/digital TV converter ended up in the trash this way. We have been without a TV for 33 days and counting.

Rick, Stacy and Tillie

## News from Berry Patch Farm

Judy Henry reports that we are nearing the end of the summer raspberry season, so maybe just a few will be available for a la carte this week. But we are at the peak of the blueberry season, so look for those in your fruit share. Blueberries are very easy to freeze (if you don't eat them all on the way home). Just place the dry, unwashed berries in your freezer container and pop into the freezer to enjoy this winter. Red currants are in season now too. Pick your own hours for July are Monday, Wednesday and Saturday mornings 8-12.



# News from Iowa Fresh Produce

Hello all-

They always say if you don't like the weather in Iowa stick around. It will change shortly..... And so it has once again. Just as I was getting into the routine of working around those Tuesday downpours they've stopped. As a result Nick was home and free to mow freeing me up to run the rototiller thru the summer and winter squash for what might be about the last time. The winter squash is running now as are the cantaloupes and watermelons which will soon make weeding all but impossible with the exception of hand pulling or careful use of the hoe. Bee activity continues to be for the most part absent but a couple funny shaped zucchini were found yesterday so hopefully lots will be on the way shortly. Wednesday was spent finishing the yard mowing and then going thru the okra and cole crops once again. Baby heads of cabbage are formed and small heads of broccoli have finally appeared. Drip hose has been laid out and hopefully today I'll get the header or feeder line to get all the systems connected and operational.

Last night I took off for a couple hours in the evening to go fishing at little Wall lake which is only about 7 miles from here. The fish were nibbling ( not biting hard) but then neither were the mosquitoes so it made for a relaxing few hours sitting out under the stars. The stars are just as visible here at home but it seems one forgets to look up and take in the sight as at that point of the day I am usually more concerned that I turned off the water for the day, put everything away and have things buttoned down in case of a storm. I did see a falling star last night as well and for those of you who wish upon those ...well, it just doesn't work for me! At least not so far as I don't see a horde of people outside just waiting for the go ahead to begin weeding, harvesting.....

I'm still at the juncture in the season where distributions are more of a question mark than knowing what will be ready next week. Look for more tomatoes and the first of the beans - perhaps some of each or a choice of wax or green. Perhaps baby beets also as it turns out the germination of the beets was fantastic this year and I just was never able to make myself thin them out. Baby bok choy should be available then as well and perhaps a portion of the group will receive cherry tomatoes (those not receiving them would get them next week) I may have to break it down this way as I have a 100 plants but more to the point that is about ALL I can handle picking of them at any one time!

We won't be bringing lettuce for a couple weeks as we just have gotten the shade house up and running this week. The first beds in there have germinated with two more plantings in there to follow.

Enjoy the weather and the weekend!

Bruce

The fishing results? Bruce zero, catfish 1

and a nice one it was too. About 5-6# but I lost it trying to get it up out of the water..... should have had the net \*sigh\*

## Contact information:

**For any questions call  
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# Recipes

## Russian Cabbage Borscht

From Moosewood cookbook by Mollie Katzen

1 hour to prepare

2 T butter

1-1/2 cup chopped onion

1-1/2 cup thinly sliced potatoes

1 cup thinly sliced beets

1 large sliced carrot

1 stalk chopped celery

3 cups chopped cabbage

1 scant t. caraway seeds

4 cups water or stock

2 t. salt

Black pepper

¼ t. dill weed

1 T + 1 t. cider vinegar

1 T + 1 t. honey

1 cup tomato puree

Cook potatoes and beets in water or stock till tender. (save the water)

Begin cooking the onions in butter in large kettle. Add caraway seeds and salt. Cook until onion is translucent, then add celery, carrots and cabbage. Add water from beets and potatoes and cook till all the veggies are tender. Add potatoes, beets and all remaining ingredients.

Cover and simmer slowly for about 30minutes.

Serve topped with sour cream, extra dill, chopped fresh tomatoes.

(I tried this last night, but didn't have caraway seeds or celery on hand. I omitted the caraway and used parsel in place of celery. It was good that way too. -Marilyn)

## For More Recipes

This site lets you enter the ingredients you have and it gives recipes using those ingredients:

<http://mealplanner.eatrealgood.com/>

Small Potatoes Farm website:

[http://www.smallpotatoefarm.com/CSA\\_Cooking\\_Tips\\_Index.html](http://www.smallpotatoefarm.com/CSA_Cooking_Tips_Index.html)

F2F member Joanna Steven is a proponent of raw foods and posts many recipes here:

<http://joannasteven.blogspot.com>

Your recipes welcome!  
Submit to  
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